



HEALTH & WELLNESS: FITNESS & WEIGHTS



Kick boxing with Ignacio: Fitness, self-defense and fun all in one.

► FITNESS

Try a new class, challenge yourself, have fun with a friend. Our experienced fitness staff is here for the beginner or the advanced exerciser. A visitors' fee option (\$15.75 per visit, or \$65 for 5 visits) is available for most classes if they are not full. Pay your visitors' fee at the front desk and bring the receipt to the instructor. For questions about any fitness class, please call Content VonRoenn at 303-413-7280.

50 Plus Resistance

(Adult 50+) Men and women fifty years of age and older will benefit from using free weights, resistance bands and exercises to increase strength and bone density.

130941	3/28-5/25	M/W, 1:30-2:30pm	East	18	\$144/\$180	Melissa
130940	4/1-5/27	F, 11:30am-12:30pm	East	9	\$72/\$90	Melissa

Adult Kickbox

Jab, Cross, Upper-Cut, Hook!! High intensity aerobics incorporating boxing moves. Equipment will be provided for you.

130935	3/28-5/25	M/W, 7-8pm	North	18	\$144/\$180	Ignacio
130934	4/4-5/25	M/W, 5-6pm	South	16	\$128/\$160	Ignacio

Bootcamp

This high-intensity workout will kick start your day! Increase your speed, agility, strength and stamina in this fun, powerful, challenging workout. Meets outside, weather permitting.

130936	3/28-5/25	M/W, 7-8am	East	18	\$144/\$180	Ignacio
130937	4/5-5/26	Tu/Th, 6:30-7:30am	South	16	\$128/\$160	Ignacio

Yoga with Weights

Gain strength and flexibility in this unique class combining the grace and flexibility of yoga with resistance training. We use basic yoga poses and light weights to transform your mind and body.

131299	3/29-5/24	Tu, 10-11am	North	9	\$72/\$90	Brian
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Zumba

A latin-style fitness class gives you a cardio-vascular workout while moving to salsa, meringue, and samba dance moves. All fitness levels welcome.

130938	3/28-5/23	M, 9:30-10:30am	North	9	\$72/\$90	Karen
130939	3/29-5/24	Tu, 6:35-7:35pm	East	9	\$72/\$90	Karen

► RUNNING CLINICS

Good running technique is crucial to success and enjoyment of the sport. These clinics will address the specifics of form in order to stay uninjured and perform your best. You will be able to make important changes in your next training session.

Improving Running Form

Clinic 1

This clinic is taught by Paul Stofko, certified running coach, ultramarathoner, race director and certified fitness specialist. His clinic will cover methods for improving your running form.

131301	4/6	W, 5:30-6:30pm	North	1	\$20/\$25	Paul Stofko
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Clinic 2

Correct posture, good running form and technique help runners prevent injuries, correct muscle imbalances and improve performance. This interactive clinic will demonstrate exercises and share video examples of efficient running posture. This clinic is taught by Douglas Wisoff, physical therapist and ultra distance runner.

131300	4/7	Th, 6:30-7:30pm	North	1	\$20/\$25	Douglas
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Barefoot Running

Should you throw your running shoes away? This clinic is taught by Paul Stofko, certified running coach, ultramarathoner, race director and certified fitness specialist.

131306	4/8	F, 5:30-6:30pm	North	1	\$20/\$25	Paul Stofko
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► WEIGHT MANAGEMENT

Weight training and nutrition for weight management, this is a dynamic combination too good to pass up!

Biggest Winner

You're the Biggest Winner! Workout twice a week with a trainer in a small group. Activities include exercising together, nutritional support, e-mails from your trainer and weekly exercise assignments. Your trainer will support you, set goals with you, and track your progress and success.

131283	03/28-05/25 M/W, 6:20-7:20am	North	18	\$170/\$212	Belen
131282	03/29-05/26 Tu/Th, 6:30-7:30am	East	18	\$170/\$212	Belen
131288	03/29-05/26 Tu/Th, 6-7pm	East	18	\$170/\$212	Belen

Biggest Winner - Supplement

Take your workout to the next level by adding a third day to your routine. (Must be enrolled in a Biggest Winner class to sign up for this additional class.)

131286	04/1-05/27 F, 6:20-7:20am	North	9	\$72/\$90	Belen
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Personalized Nutrition Plan

(Designed by a Dietitian) Our registered dietitian can help you design a new healthy eating program or tweak your already healthy program. They can also answer specific questions you may have about sport nutrition, how nutrition helps minimize chronic disease, and many other unique topic areas. Request this service online, visit the front desk or call 303-413-7280 to get started today!

1 - 1 hour session: \$60 or 3 - 45 minute sessions for \$159

Viva La Slim! - A Weight Management Class

Come join this empowering class, taught by a registered dietitian. Get your weight management questions answered and gain the knowledge you need to get the body you want! This program is a realistic weight loss program, which involves behavior modification, and healthy food choices. In addition you will receive a consultation with a personal trainer that will help you determine an exercise plan to achieve your goals.

131287	3/30-5/25 W, 12-1pm	North	9	\$85/\$106	Martha
131284	3/31-5/26 Th, 6-7pm	East Senior	9	\$85/\$106	Martha



Nia offers a total body cardiovascular conditioning and cross-training for any sport or activity.

► NIA PROGRAM INFORMATION

Registered Class Punchcard

Nia \$65 - 5 Punches

Punchcards may be purchased at Recreation Center front desks and are valid for 6 months from the date of purchase. Present your card to the front desk personnel and give your receipt to your instructor for admission.

Registered Class Visitor's Fee

Nia \$15.75

Some registered Nia classes have space available and are appropriate for visitation. Choose the level which is suitable for your experience, check space availability and pay your admission fee at the Recreation Center front desk. Give your receipt to your instructor for admission to class.

Make-ups

Approved and arranged through your instructor.

Nia

Combining carefully selected movements and concepts from Yoga, Martial Arts, Jazz, Modern Dance and other movement forms, Nia classes offer total body cardiovascular conditioning and cross-training for any sport or activity. All Nia movements are adaptable and can be personalized for any level of fitness and agility. Everyone is welcome. Experience the joy of movement and the benefits of moving your body...the body's way.

New to Nia

In this class you will learn the 52 Moves, increase your flexibility, strength and stability, and gain a better understanding of "The Body's Way". For beginners looking for a fun new workout or those current students looking to expand their knowledge of Nia in a more intimate setting.

131451	4/1-5/27 F, 9-10am	North	9	\$72/\$90	Jackie
132734	4/4-5/23 M, 10:50-11:50am	South	8	\$64/\$80	Jackie

Nia Principles

This class will expand upon the principles and patterns of Nia through the consistency and intimacy of a smaller registered class. Join this fun, playful class and refresh the creativity of mind, body and spirit.

132736	3/29-5/24 Tu, 8:30-9:30am	North	9	\$72/\$90	Juliet
132483	4/1-5/27 F, 10:45-11:45am	East	9	\$72/\$90	Karen
132735	4/1-5/28 F, 10:50-11:50am	North	9	\$72/\$90	Laurie

Nia Workshop-52 Moves

Highly recommended! These moves are the building blocks of all Nia workouts: the Base (steps, kicks and stances); the Core (motions); and Upper Extremities (hands, arms and finger expressions, strikes and blocks). Learning to do the movement correctly enables you to dance freely, safely and with greater power.

131453	5/7 Sa, 1-3pm	East	1	\$16/\$20	Jackie
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Parent/Child Nia

For parents with children ages 2 - 5 yrs old. A time to make new friends, use your imagination and move your body. Nia is the perfect fusion fitness form for parents and children to fully develop strong, flexible bodies and minds, and joyful spirits.

131454	4/4-5/23 M, 9:30-10:30am	South	8	\$64/\$80	Jackie
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HEALTH & WELLNESS: FITNESS & WEIGHTS



Come check out the latest in fitness technology – our new Hoist ROC-IT fitness equipment is now in the North and South Boulder Recreation Centers.

► PERSONAL TRAINING

Have one of our certified trainers design your personal blueprint for success! One hour sessions address sport specific, weight loss, rehabilitative and general fitness goals. To find out more about our excellent training staff check out our weight training page at www.boulderparks-rec.org. Request a trainer online, visit the front desk or call 303-413-7280 to get started with your trainer today! (Sessions expire 1 year from purchase date.)

Private Sessions

(Age 12+) Personalized training with a certified professional.

1 session \$51 • 3 sessions \$144 • 6 sessions \$276 • 12 sessions \$516

Partner/Group Training

Customized training for a pre-arranged group of 2-6 individuals sharing similar goals and fitness needs. Call 303-413-7280 for pricing.

Express Personal Training

Never met with a trainer before, have limited time, or in need of a tune up? Your trainer will provide a targeted 30 minute plan that will invigorate your workouts and show you how to maximize your time in the weight room.

Three 30 minute sessions with a personal trainer. **Investment \$99**



Maximize your time in the weight room with a personal trainer!

Commit to Get Fit

Let us ensure your success...Commit to Get Fit with us this year!

What is Commit to Get Fit? It's the answer to your most pressing fitness concern...whether you'd like to lose weight, enhance sport performance or improve overall health, this is the program for you.

• Choose your level –

Power Plan: Meet your trainer 1x a week. Best for moderate gains, foundation building and increased motivation.

Performance Plan: Meet your trainer 2x a week. Best for accelerated gains, improved technique and performance; dynamic motivation.

Peak Plan: Meet your trainer 3x each week. Tremendous gains and maximum goal achievement in minimum time.

POWER • 1X weekly – \$179/mo. (15% discount off standard rate)

PERFORMANCE • 2X weekly – \$329/mo. (20% discount off standard rate)

PEAK • 3X weekly – \$464/mo. (25% discount off standard rate)

• Choose your Trainer –

All City of Boulder Personal Trainers are highly qualified professionals who maintain national personal training certifications in addition to CPR/AED/First Aid certifications. Select your own from our web-based profiles – or let us help you select the trainer best suited to meet your goals and interests. Trainer profiles are available online, or contact the Fitness & Weight Training Coordinator, Content VonRoenn, to discuss which trainer would be best for you. Vonroennc@bouldercolorado.gov or 303-413-7280.

• Choose to Achieve –

Sign up for an annual commitment to meet with your trainer once, twice or three times weekly. It's up to you! As an added bonus you can use your pass at the recreation center between appointments and receive the same benefits as an annual pass! (Can be cancelled at anytime with a written 30 day notice.)





Circuit Training

Keep your heart rate up and body toned in this demanding one hour workout. Weight training and cardiovascular activities are included in timed intervals.

131183	3/28-5/27	M/F, 10:15-11:15am	East	18	\$144/\$180	Marti
131182	3/29-5/26	Tu/Th, 10-11am	East	18	\$144/\$180	Marti

Lift For Life

Increase strength to achieve optimal performance in any activity or sport!

131194	4/5-5/26	Tu/Th, 4:30-5:30pm	South	16	\$128/\$160	Chris
131193	4/5-5/26	Tu/Th, 5:30-6:30pm	South	16	\$128/\$160	Chris

► COMPLETE CONDITIONING

Functional Interval Training (F.I.T.) is your one stop shop for calisthenics, core conditioning, circuit and functional training!

F.I.T. Workout

Strength, cardio, core conditioning...this class has it all! Get your heart pumping, and your body fit, with this fun and energizing workout.

131189	3/29-5/26	Tu/Th, 7:30-8:30am	North	18	\$144/\$180	Catherine
131185	4/2-5/28	Sa, 8-9am	North	9	\$72/\$90	Ignacio
131186	4/2-5/28	Sa, 9-10am	North	9	\$72/\$90	Ignacio
131184	4/4-5/25	M/W, 9-10am	South	16	\$144/\$180	Ignacio
131187	4/5-5/26	Tu/Th, 7:30-8:30am	South	16	\$128/\$160	Ignacio
131188	4/5-5/26	Tu/Th, 8:30-9:30am	South	16	\$128/\$160	Ignacio

F.I.T. Bootcamp

F.I.T. Bootcamp will jumpstart your metabolism in a fast pace, supportive, team environment. Each unique class will build strength with whole body exercises, calisthenics, resistance and core training while maintaining your heart rate in a cardio conditioning zone.

131192	3/29-5/26	Tu/Th, 8:30-9:15am	North	18	\$130/\$165	Chris
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► WORKOUTS FOR WOMEN

A selection of weight training classes geared especially for women.

Women's Weight Training

Use free weights and machines to improve strength and muscle tone. Great for posture and extra calorie burning as well! All ability levels are welcome.

131292	3/28-5/25	M/W, 9:30-10:30am	North	18	\$144/\$180	Chris
131294	3/29-5/26	Tu/Th, 9:30-10:30am	North	18	\$144/\$180	Chris
131295	4/5-5/26	Tu/Th, 10:45-11:45am	South	16	\$128/\$160	Sue

Women's Intermediate Weight Training

Move to a new level of training! This class is not for first timers and is designed for women who have become comfortable in the weight room.

131296	3/28-5/25	M/W, 8:15-9:15am	East	18	\$144/\$180	Sue
131297	3/28-5/25	M/W, 8:30-9:30am	North	18	\$144/\$180	Chris
131298	4/5-5/26	Tu/Th, 9:30-10:30am	South	16	\$128/\$160	Sue

Women's Workout

Your trainer will motivate you and guide you through a new workout each week using weights, cardio, and core training.

131290	3/29-5/26	Tu/Th, 6-7pm	North	18	\$144/\$180	Ignacio
131291	3/29-5/26	Tu/Th, 7-8pm	North	18	\$144/\$180	Ignacio

TRY THIS FUSION CLASS!

Yoga with Weights

Gain strength and flexibility in this unique class combining the grace and flexibility of yoga with resistance training. We use basic yoga poses and light weights to transform your mind and body. All levels welcome.
See page 14 for details.

► YOUTH TRAINING

Youth Weight Training and Safety

(Age 12-15) Teens will learn their major muscle groups, safe weight training techniques, and weight room safety and etiquette. Upon successful completion, participants are given clearance to use the weight room, when supervised by an adult.

131196	4/11-5/16	M, 4-5pm	North	6	\$48/\$60	Melissa
131195	4/12-5/17	Tu, 4-5pm	South	6	\$48/\$60	Catherine
131197	4/13-5/18	W, 4-5pm	East	6	\$48/\$60	Melissa

Passport to Health

The perfect package! Get a quick start with this 3 hour investment to a healthy lifestyle. Our comprehensive fitness assessment* will determine your current fitness level, test your strength and identify any postural or muscle imbalances that need to be addressed. Once the assessment is completed you and your trainer will prepare a personalized exercise plan indicating the frequency, duration and intensity of exercise appropriate for you. Lastly you will receive a personalized nutrition plan from a registered dietitian to optimize your success. **Investment \$ 180** (You can also purchase each one hour segment of this package separately.)

Fitness Assessment

Administered by Martin Petrofes: Advanced Health and Fitness Specialist. His certification qualifies him to work with the healthy population as well as chronic disease and pre/post rehab clients.

Recommended every 3-6 months. Use this tool to direct and track your fitness success! This fitness assessment will determine your current fitness level, test your strength and identify any postural or muscle imbalances that need to be addressed. Testing includes: resting heart rate, blood pressure, 8 min treadmill, or step test, VO2 estimate, range of motion and strength testing of the back, neck, shoulder, and hamstrings. You will have your choice of skin fold measurements, body mass index, bio electrical impedance, or circumference measurements to be used as a measuring tool to track weight loss goals and improvements in fitness. Testing can be modified to accommodate personal preference or injury. **Investment - \$60**

Personalized Exercise Plan

A specific plan that maps out the days of the week, type of exercise, length and intensity of each workout provides direction and motivation to achieve your goals. Use this one hour session to customize a beginning program or amp up your current strength training routine! **Investment - \$60**

Personalized Nutrition Plan

(Designed by a Registered Dietician) Our registered dietitians can help you tweak an already healthy program or design an entirely new healthy eating plan. They can also answer specific questions you may have about sport nutrition, how nutrition helps minimize chronic disease, lower cholesterol, manage diabetes...even gluten free eating!

1 - 1 hour session: \$60 or 3 - 45 minute sessions: \$159

Request these services online, visit the front desk or call 303-413-7280 to get started today!



MIND / BODY: PILATES / SWISS BALL



Join a Pilates Mat class at our dedicated Pilates Studio at South Boulder Recreation Center.

► PILATES MAT/SWISS BALL INFORMATION

Registered Class Punchcard

Pilates Mat / Swiss Ball \$65 - 5 Punches

Punchcards may be purchased at Recreation Center front desks and are valid for 6 months from the date of purchase. **Present your card to the front desk personnel and give your receipt to your instructor for admission. Salberg and Iris Center class punchcard holders may present card at any Recreation Center and present receipt to instructor before admission to class.**

Registered Class Visitor's Fee

Pilates Mat / Swiss Ball \$15.75

Select classes have space available and are appropriate for visitation. Choose the level which is suitable for your experience, check space availability and pay your admission fee at the Recreation Center front desk. **Give your receipt to your instructor for admission to class. Salberg and Iris Center visitor's fees may be paid at any Recreation Center and receipt presented to instructor before admission to class.**

Make-ups - Approved and arranged through your instructor.

No class April 24

This system of exercising, developed by physical therapy pioneer, Joseph Pilates, is a non-impact system that stabilizes and aligns the body. While focused on strengthening and balancing the core muscle groups, the Pilates Method develops greater flexibility, strength, concentration, coordination and control, and increases awareness of functional body mechanics, all with the intention of building a better you.

Mat - Beginner

(Age 14+) Practice classic Pilates Method principles such as control, coordination and breath by learning the beginning sequence of Pilates mat exercises including 'hundreds,' 'rolling like a ball,' 'saw,' and 'mermaid stretch.' Props such as Pilates circles, Therabands and Theraballs are used to enhance your experience in this basics course.

130362	3/28-5/23	M, 8:45-9:45am	Iris	9	\$72/\$90	Christine
130365	4/1-5/27	F, 8:45-9:45am	Iris	9	\$72/\$90	Christine

130363	4/10-5/29	Su, 9:30-10:30am	South	7	\$56/\$70	Lisa
130364	4/3-5/22	Su, 4:15-5:15pm	Salberg	7	\$56/\$70	Jane

Mat - Continuing Beginner

(Age 14+) Continue your practice of Pilates Method beginner mat exercises with precisely coordinated movement, and continue to learn proper sequencing of the exercises. Intermediate exercises such as 'rollover,' 'corkscrew II,' 'swan dive' and 'teaser II' will be introduced when appropriate.

Pre-requisite: Ability to properly perform and flow through all beginner mat exercises in sequence.

130366	4/4-5/23	M, 5:30-6:30pm	South	8	\$64/\$80	Lisa
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Mat - Intermediate

(Age 14+) This course is designed for students who are ready for the next step in their Pilates exercise routine. More emphasis is placed on flowing through Level 2 mat exercises such as 'shoulder bridge,' 'spine twist' and 'teaser III.' Advanced exercises such as 'jack knife' and 'boomerang' are introduced. **Pre-requisites:** Ability to perform and flow through all beginner mat exercises, in sequence, with adherence to Pilates principles, and regular practice of Pilates mat exercises.

130368	3/28-5/23	M, 9:55-10:55am	Iris	9	\$72/\$90	Christine
130369	4/1-5/27	F, 9:55-10:55am	Iris	9	\$72/\$90	Christine

Pilates Mat/Yoga Combo - Continuing Beginner

(Age 14+) Learn and practice yoga postures with your Pilates Mat exercise routine. Each discipline complements the other to give you an overall feeling of well-being. **Pre-requisite:** One session of Pilates Mat, Yoga or Pilates/Yoga combo classes or equivalent experience.

130370	4/6-5/25	W, 5:30-6:30pm	South	8	\$64/\$80	Lisa
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► SWISS BALL

Since 1965, Swiss Ball has been used as a conservative treatment option for back pain sufferers. The exercises offer a simple and versatile way to start moving again. They are designed to help prevent further episodes of low back pain by strengthening and developing the core body muscles that help



to stabilize the spine. Swiss Ball exercises complement a general fitness regimen, rehabilitation, strength or weight training, and exercises for pregnant women.

Swiss Ball - Beginner

(Age 14+) Learn many fun and useful Swiss Ball exercises that focus on strength, flexibility, balance, posture and coordination. Instructor is a licensed physical therapist.

131432	3/28-4/25	M, 4-5pm	Salberg	5	\$40/\$50	Heidi
131433	5/2-5/23	M, 4-5pm	Salberg	4	\$32/\$40	Heidi

Swiss Ball - Intermediate

(Age 14+) Go to the next step of your back-strengthening process. Now feeling confident with the beginner level Swiss Ball exercises, continue to explore how you can improve your body's strength, flexibility, balance and posture. Instructor is a licensed physical therapist. **Pre-requisite:** One previous session with the instructor or instructor's permission.

131434	3/31-5/26	Th, 4-5pm	Salberg	9	\$72/\$90	Heidi
131435	3/30-5/25	W, 8:45-9:45am	East	9	\$72/\$90	Darcy

► PILATES REFORMER, TOWER, CHAIR AND MULTI-APPARATUS INFORMATION

Pre-requisite policy: Five private or semi-private Pilates Reformer lessons or one full 8-class Introduction/Orientation Reformer class through the City of Boulder Pilates Program will be required to participate in any "Level 1" or higher Pilates Reformer or Multi-Apparatus class, or coordinator approval.

No class April 24

Private and Semi-Private Pilates Reformer Lessons

(Age 16+) Individual instruction for those who would like an introduction to the Pilates Reformer or for those who wish to focus on individual needs. Proper and safe use of the equipment is emphasized. Private lessons will help you determine whether this form of exercise is a good fit for you.

1-Hour Private Pilates Reformer Lesson Fee: \$50/student

1-Hour Semi-Private Pilates Reformer Lesson Fee: \$35/student

Must register two or more students together at the same time.

Lessons are available at South Boulder Recreation Center and Salberg Center. Please call registration to begin appointment procedure.

24-hour cancellation policy: If a Private or Semi-Private Pilates Reformer Lesson is cancelled within 24 hours, no refund will be issued.

► PILATES REFORMER

Discover the philosophy, focus and benefits of exercising on the Pilates Reformer, a non-impact system tension springs, ropes, poles and mats. The reformer adds resistance to the Pilates Method exercises and can provide support to beginners or challenges to more advanced students. Develop core strength, coordination and flexibility within this non-impact system of tension springs, ropes, poles and mats.

Reformer - Intro/Orientation

(Age 16+) This 8-week course will introduce you to the Pilates Reformer apparatus, and get you started on learning the basic Level 1 exercises. Proper and safe use of the equipment is emphasized. See if Pilates Reformer is the right workout for you.

131082	4/5-5/24	Tu, 7:30-8:30am	Salberg	8	\$104/\$130	Missie
131083	4/7-5/26	Th, 5:30-6:30pm	South	8	\$104/\$130	Desiree
132484	4/9-6/4	Sa, 11-12pm	South	8	\$104/\$130	Desiree

Reformer - Level 1 - Beginner

(Age 16+) Exercises at this level, on this unique apparatus, best suit students who are familiar with the Pilates Reformer and who have either taken private lessons or completed the Introduction/Orientation Reformer class through the City of Boulder Pilates Program. Use of the reformer will quickly strengthen, stretch and reshape your body.

130379	3/28-5/23	M, 5:30-6:30pm	Salberg	9	\$117/\$147	Roxolana
132486	3/29-5/24	Tu, 6:15-7:15pm	Salberg	9	\$117/\$147	TBA
130378	3/31-5/26	Th, 6:15-7:15pm	Salberg	9	\$117/\$147	Tamara
132485	4/2-5/28	Sa, 10:30-11:30am	Salberg	9	\$117/\$147	Cynthia

Reformer - Level 2 - Continuing Beginner

(Age 16+) Review Level 1 Pilates Reformer exercises such as 'footwork,' 'hundreds,' 'frog,' 'tree front,' and 'elephant,' and incorporate and practice more challenging Pilates Reformer exercises - 'short spine massage,' 'knee stretches,' and 'teaser,' for example. **Pre-requisite:** Completion of at least one session of Level 1 classes with the City of Boulder Pilates program, or coordinator approval.

130377	3/30-5/25	W, 5:30-6:30pm	Salberg	9	\$117/\$147	Jane
130381	4/8-5/27	F, 9:45-11am	South	8	\$130/\$162	Sheri
131132	4/2-5/28	Sa, 8:15-9:15am	Salberg	9	\$117/\$147	Cynthia
130371	4/2-5/28	Sa, 9:20-10:20am	Salberg	9	\$117/\$147	Cynthia

Reformer - Level 3 - Intermediate

(Age 16+) This class will review Level 1 and 2 Pilates Reformer exercises and incorporate and practice Level 3 Pilates Reformer exercises. This is an advanced Pilates Reformer class. Students with strong Pilates Reformer experience will enjoy the workout! **Pre-requisite:** At least one session of Level 2 classes with the City of Boulder Pilates program, or coordinator approval.

130374	4/1-5/27	F, 8:45-9:45am	Salberg	9	\$117/\$147	Emily R.
130375	4/5-5/24	Tu, 8:45-9:45am	South	8	\$104/\$130	Sheri

Reformer/Tower/Chair - Level 1 - Beginner

(Age 16+) You will receive an introduction to exercises on the Pilates Tower and Pilates Chair, and experience the benefits of a well-rounded practice of Level 1 Reformer exercises. Pilates Method principles will be emphasized as you work your muscles to the core. **Pre-requisite:** At least one session each of Level 1 - Beginner Reformer and Beginner Mat classes with the City of Boulder Pilates program or equivalent experience and coordinator approval.

132489	4/3-5/22	Su, 3-4pm	Salberg	7	\$91/\$114	Jane
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Reformer/Tower/Chair - Level 2 - Continuing Beginner

(Age 16+) At this level, all Pilates apparatus will be used to give you a complete Pilates workout. **Pre-requisite:** At least one session of Pilates Reformer/Tower/Chair at Level 1, or equivalent, advanced experience and coordinator approval.

130373	3/30-5/25	W, 6:40-7:40pm	Salberg	9	\$117/\$147	Jane
130372	4/4-5/23	M, 9:30-10:30am	South	8	\$104/\$130	Sheri
130382	4/8-5/27	F, 11:10-12:10pm	South	8	\$104/\$130	Sheri

Power Pilates Multi-Equipment Fusion for Men

(Age 16+) Blast through this sweat-inducing workout using apparatus and props designed by Joseph Pilates to be an extension of your body and complement your Pilates mat work along with strength training exercises and stretching. Students will utilize all equipment including Reformer, Chair, Mat and Tower in addition to various props. **Pre-requisite:** Students should have Pilates apparatus experience.

132488	4/2-5/21	Sa, 11:45-12:45pm	Salberg	8	\$104/\$130	Cynthia
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MIND / BODY: YOGA



Register for the Father & Son Yoga Workshop on April 24th.

► YOGA PROGRAM INFORMATION

Registered Class Punchcard

Yoga program classes \$65 - 5 Punches

Punchcards may be purchased at Recreation Center front desks and are valid for 6 months from the date of purchase. **Present your card to the front desk personnel and give your receipt to your instructor for admission. Salberg and Iris Center class punchcard holders may present card at any Recreation Center and present receipt to instructor before admission to class.**

Registered Class Visitor's Fee

All yoga program classes \$15.75

Select classes have space available and are appropriate for visitation. Choose the level which is suitable for your experience, check space availability and pay your admission fee at the Recreation Center front desk. **Give your receipt to your instructor for admission to class. Salberg and Iris Center visitor's fees may be paid at any Recreation Center and receipt presented to instructor before admission to class.**

Make-ups - Approved and arranged through your instructor.

No class April 24

Beginner Yoga

(Age 14+) Learn the basics of stretching and correct alignment in detail in order to practice yoga safely. Newcomers, students returning for a refresher, and those wishing to slowly refine a lifelong yoga routine find this gentle pace suitable. Explore correct breathing - the cornerstone of all yoga levels, foundational standing, seated and supine poses, twists and modifications for individual body types.

131233*	3/28-5/23	M, 8:45-10:15am	North	9	\$108/\$135	Alicia
131234	3/28-5/23	M, 6:30-8pm	East Senior	9	\$108/\$135	Ines
131236	3/29-5/24	Tu, 1:15-2:45pm	North	9	\$108/\$135	Louann
133084	3/30-5/25	W, 7:15-8:45pm	North	9	\$108/\$135	Lori
132786	3/31-5/26	Th, 9:15-10:45am	North	9	\$108/\$135	Louann
131235	4/5-5/24	Tu, 9:15-10:45am	South	8	\$96/\$120	Kathleen
131238	4/6-5/25	Wed, 5:30-7pm	South	8	\$96/\$120	Andrea
131240	4/6-5/25	Wed, 7:30-8:45am	South	8	\$80/\$100	Ravi
131241*	4/1-5/27	F, 9-10:30am	East	9	\$108/\$135	Brian
131242	4/10-5/29	Su, 10-11:30am	South	7	\$84/\$105	Louis

*Seniors

Beginning classes designated with an asterisk are suitable for seniors and are rejuvenating, limbering, and help maintain stability. Students should be able to sit comfortably on the floor, kneel, and then stand. (Also see Therapeutic and Restorative Yoga and all T'ai-Chi, Feldenkrais and Alexander Technique classes.)

Continuing Yoga

(Age 14+) This ongoing level is moderately paced for beginners who have studied yoga regularly, at least 3-4 times per week, for 6 months or more. Classes review the fundamentals, with longer holding of poses or variations in the flowing vinyasa style. Emphasis on the breath and attention to structure help you enjoy a deeper level of understanding. Continuing is also a comfortable match for students readying for more vigorous intensity and fit individuals who exercise often but are new to yoga.

132499	3/30-5/25	W, 9-10:30am	North	9	\$108/\$135	Angel
131245	3/30-5/25	W, 7-8:30pm	East Senior	9	\$108/\$135	Brian
131440	3/31-5/26	Th, 6:15-7:45pm	North	9	\$108/\$135	Dan
131883	4/1-5/27	F, 8:50-10:20am	North	9	\$108/\$135	De
131254	4/2-5/28	Sa, 9:15-10:45am	Iris	9	\$108/\$135	Karen
131884	4/4-5/23	M, 6:45-8:15pm	North	8	\$96/\$120	Kirsten
131246	4/7-5/26	Th, 9:15-10:45am	South	8	\$96/\$120	Kathleen

Intermediate Yoga

(Age 14+) Students entering this more advanced level should have an established yoga practice of a year or more, be competent in most yoga poses, and free of major neck, back, knee and wrist injury or other serious limitations. Knowledge of safe alignment and non-competitive principles are essential for these classes which focus on more complex endurance-building and faster moving sun salutations. With an internal meditative approach, you will increase your sensitivity to breath and mental patterns. Poses are held longer to allow concentration and strength in order to deepen your experience. You will learn progressive back bending and inversions. Staff may introduce partner work, sound and pranayamas.

132932	3/28-5/23	M, 5:30-7pm	North	9	\$108/\$135	Louann
131248	3/30-5/25	W, 5:30-7pm	North	9	\$108/\$135	Matt
133032	4/3-5/29	Su, 4:30-6pm	North	8	\$96/\$120	John



Yoga with Weights

(Age 14+) Gain strength and flexibility in this unique class combining the grace and flexibility of yoga with resistance training. We use basic yoga poses and light weights to transform your mind and body.

131299 3/29-5/24 Tu, 10-11am North 9 \$72/\$90 Brian

Restorative Yoga

(Age 14+) Give your body and spirit an opportunity to focus and rejuvenate. Practice breathing and floor asanas supported by blankets and bolsters. This restorative method creates greater flexibility, balance and inward connection, reduces stress and increases clarity of mind.

131249 4/6-5/25 W, 10:40-11:55am North 8 \$80/\$100 Shawna

131450 4/9-6/4 Sa, 10:30-11:45am South 8 \$80/\$100 Juliana

Therapeutic Yoga

(Age 14+) Cultivate healing and relieve stress. This class explores gentle, safe, focused yoga motions and postures. The purpose of which is to find balance between mind, muscles, physiology and kinesiology. This class is suitable for those recovering from surgery or illness, those with limited range of motion or anyone wanting a gentle introduction to yoga.

131250 4/1-5/27 F, 3:45-5pm North 9 \$90/\$112 Cassandra

131889 4/5-5/24 Tu, 5:15-6:30pm North 8 \$80/\$100 Cassandra

131888 4/6-5/25 W, 4-5:15pm South 8 \$80/\$100 Lori

Women's Yoga

(Age 14+) Share with other female practitioners of yoga as you immerse yourself in simple routines designed for the present moment in all passages: pre/post natal, menopause and senior years. This class specifically addresses women's bodies with an emphasis on breath, strengthening skeletal health, and restoring energy and inner beauty.

131251 3/30-5/25 W, 10:20-11:50am East 9 \$108/\$135 Alicia

Pre/Post Natal Yoga

(Age 16+) Through yoga, expectant mothers can strengthen the lower back, increase flexibility, and learn effective breathing and relaxation patterns. Prenatal yoga tones pelvic floor muscles, alleviates many common discomforts of pregnancy and aids in preparing for labor and delivery. Postpartum yoga refreshes and helps mothers regain tone in the pelvic floor and abdomen. Mothers find support and sharing with one another. Infants are welcome in class.

131885 4/6-4/27 W, 5:30-7pm North 4 \$48/\$60 De

131886 5/4-5/25 W, 5:30-7pm North 4 \$48/\$60 De

131890 4/1-4/22 F, 10:30-11:45am North 4 \$40/\$50 Ines

131891 4/29-5/20 F, 10:30-11:45am North 4 \$40/\$50 Ines

► ALEXANDER TECHNIQUE

(Age 14+) Sensitize your internal kinesthetic guide to a new standard of normal as you are guided in gentle exercise with verbal cues and mental self-reminders. As you repeat movements such as walking, bending, sitting and standing up, neuromuscular patterns are steered toward more expansion, integration and poise. Particular importance is given to the interrelationships of gravity, head, neck and torso. F.M. Alexander's technique helps one improve performance, avoid repetitive strain, recover from injury and relieve pain or tightness like that experienced in Temporomandibular Joint Disorder (TMJ).

131232 3/28-5/23 M, 4-5pm North 9 \$72/\$90 Tom

► YOUTH YOGA

Elementary School Yoga

(Ages 6-10) Children enjoy yoga too! Through simple movements, gain strength and flexibility, develop good coordination and posture, and learn how to relax, focus and reduce the stress that is related to school schedules and responsibilities.

132784 4/4-5/16 M, 3:30-4:15pm East 6 \$48/\$60 Nancy

Middle School Yoga

(Ages 11-15) Practicing yoga develops strength, flexibility, and balance for all body types. It enhances athletic, music, and dance skills and complements the arts and sciences. Teens will improve body confidence, learn how to avoid injury, increase concentration and reduce stress while enculturating a life-long tool for healthy, heartfelt living.

132785 4/4-5/16 M, 4:30-5:30pm East 6 \$48/\$60 Nancy

Father & Son Yoga Workshop

(Ages 4-7) Enjoy yoga together with your son. You will explore basic yoga postures and movement intended to cultivate play and deepen bonds between father and son.

132832 4/17 Su, 2-3pm North 1 \$20/\$25 Matt

Also see Parent/Child Nia pg. 14

► T'AI-CHI CH'UAN

T'ai-Chi

(Age 14+) Learn energizing Qi Gong warm-up exercises, the 5 Element form and first circle as taught by Master Chungliang Ai Huang. Inspirational music and guided stress reduction relaxation are included.

131436 4/7-5/26 Th, 12-1pm Iris 8 \$64/\$80 Cynthia

T'ai-Chi Ch'uan Beginner & Continuing 2-3

(Age 14+) This ancient exercise in which standing postures are practiced in a slow moving, relaxed manner cultivates tranquility and mental control and hence appreciation for each moment. Doing this gentle martial art increases energy and circulation; improves balance; strengthens the spine, internal organs; and promotes general life-long health. This is the first third of the simplified short 'Yang' style as taught by Grand Master Cheng Man-ch'ing. Continuing students of the 'Yang' style can review and complete the first third and continue to the remainder of the form.

131438 4/2-5/28 Sa, 9:30-10:30am North 9 \$72/\$90 Bataan

131437 4/5-5/24 Tu, 6:45-7:45pm North 8 \$64/\$80 Bataan

► FELDENKRAIS

(Age 14+) What if you could move with more ease, coordination and freedom from pain? The Feldenkrais method offers safe and enjoyable exploratory exercises that enable you to dissolve tension, gain control over pain and move efficiently in all of your activities. Subtle, slow movements are experienced while lying down, standing or sitting in a chair.

132495 3/30-5/25 W, 6:30-7:45pm East 9 \$90/\$112 Gil Kelly

131449 3/31-5/26 Th, 1:15-2:15pm North 9 \$72/\$90 Deborah

131252 4/1-5/27 F, 12-1pm Iris 9 \$72/\$90 Gil Kelly